

AIR FORCE MATERIEL COMMAND

June 2001

LEADING EDGE



Health and Wellness

Getting fit, mind and body



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Col. Donna Pastor

Chief, Internal
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Maj. Michael Kelly

Executive Editor
Ms. Libby VanHook

Assistant Editor
Ms. Estella Holmes

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Cover Stories



Two employees of Tinker Air Force Base, Okla., Mr. and Mrs. Noah Brooks, compete in marathons and distance running on a regular basis and stay in shape with exercise. (Photo by Ms. Margo Wright, OC-ALC. Graphic design by Capt. CK Keegan, AFSAC.)

4 - 12 Health and wellness for the AFMC family

Within the Air Force Materiel Command, wellness is a commitment to people and their families, with worksite wellness opportunities increasing in number. So whether it's physical, mental, spiritual, social or emotional wellness, the men and women of AFMC are committed to achieving peak performance in every area of their lives. Turn the page to read about the many ways of achieving wellness...

Mission Progress

- 14 *What does the F-22 have in common with most of today's machines?*
- 15 *It's not a bird or a plane — it's a replica!*

Features

- 16 *Medical team believes in "giving something back"*
- 18 *Disney goes Edwards*

Departments

- 3 *Mission Briefs*
- 13 *News Briefs*
- 19 *People*
- 22 *Awards*



Back cover: Mr. Jerry Wright, chief of logistics at Tinker Air Force Base, Okla., finishes a lunch hour routine with time on a stair stepper at the Fitness Center West, one of four gyms at Tinker. (Photo by Ms. Margo Wright, OC-ALC.)

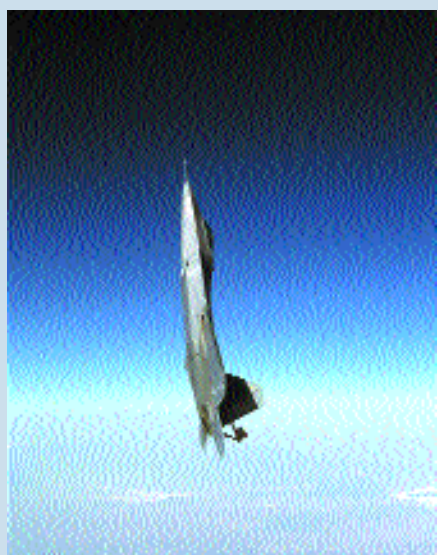


Photo by Mr. Kevin Robertson

F-22 flies 200 sorties

EDWARDS AIR FORCE BASE, Calif. — F-22 Raptor 4002 met another significant program achievement March 28 during a test mission here when it became the first F-22 to fly 200 sorties.

Currently, there are four flight test F-22s at Edwards, with the remaining four Engineering and Manufacturing Development Raptors scheduled to join the fleet by the end of 2001.

— Information provided by AFFTC Public Affairs

AEDC tests Boeing 747X

ARNOLD AIR FORCE BASE, Tenn. — Arnold Engineering Development Center teams recently helped the Boeing Company develop its latest aircraft — the 747X — by testing various components and configurations in the center's 16-foot transonic wind tunnel.

AEDC and Boeing officials tested new engines, wings, wing tips and longer body lengths for the proposed commercial aircraft.

During the tests, Boeing engineers from the 747 product development configurations, 747 product development, stability and controls and 747 airloads groups used a 3 percent scale Boeing aircraft model in the center's tunnel to test proposed aircraft configurations.

A competitor with the Airbus A380 aircraft, the Boeing 747X transport will be longer than the current 747-400 aircraft and will have increased payload capacity.

Other features will include greater range, greater passenger capacity, faster speed and less takeoff noise than today's 747-400s. Competitive advantages for the 747X transport include lower trip costs, less weight and lower fuel burn.

The 747X is scheduled to enter service in 2005, depending on market interest.

— Information provided by AEDC Public Affairs

UAV sets new records

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — The Air Force's Global Hawk unmanned aerial vehicle made aerospace history recently by successfully flying to and returning from the equator.

Taking off from the Air Force Flight Test Center at Edwards Air Force Base, Calif., Global Hawk air vehicle No. 3 flew a 30.5-hour, equatorial test sortie, reaching an altitude of 65,000 feet during the program's 73rd successful mission.

The goal was to make sure Global Hawk could function effectively through equatorial air masses, using its updated environmental control system to monitor extreme cold at maximum altitudes over the equator.

The reconnaissance systems program office evaluated several other Block II modifications including the UAV's navigation system, which traveled south of the equator for the first time. This mission brought the program's total flying time to 854.5 hours.

Northrop Grumman's Ryan Aeronautical Center in San Diego, Calif., prime contractor for the Global Hawk, has asked the National Aeronautic Association to certify that Global Hawk set two new world records for altitude of 65,191 feet and endurance of 30 hours, 24 minutes, one second during this mission.

— Information provided by ASC Public Affairs

X-32B tests completed

EDWARDS AIR FORCE BASE, Calif. — Boeing successfully cleared the last ground-test hurdle for flight certification of its Joint Strike Fighter X-32B concept demonstrator.

Final engine runs, in the short-takeoff and vertical-landing mode, were completed with flight-certified propulsion system hardware and the final validated integrated flight and propulsion control software.

During the final engine runs, the test team, which includes Pratt & Whitney and Rolls-Royce, conducted flow-switches, redirecting engine thrust from the aircraft's cruise nozzle to the lift nozzles and back again.

To perform short-takeoff and vertical-landing flight, the system closes the rear exhaust nozzle and redirects engine thrust downward through lift nozzles. For conventional flight the lift nozzles are closed, and thrust flows rearward through the two-dimensional thrust-vectoring cruise nozzle — the same as in the X-32A — to propel the aircraft forward to supersonic speeds. The afterburner is not used during operations.

In more than 1,300 trials on the engine test stand, transition times between conventional and vertical thrust and back again have been accomplished consistently in one to three seconds. This rapid and direct transition capability is critically important for unrestricted takeoff and landing operations and aircraft safety.

The next major milestone for the X-32B will be high-speed taxi tests later this month, followed shortly thereafter by first flight to Edwards Air Force Base, Calif.

— Information provided by AFFTC Public Affairs

AEDC tests F100 engine

ARNOLD AIR FORCE BASE, Tenn. — Testing completed last month in the Air Force's Arnold Engineering Development Center's aeropropulsion test cell T-1 will help validate proposed improvements to the Pratt & Whitney F100-220 engine in preparation for flight testing.

The F100 is the powerplant for F-15 and F-16 fighter aircraft.

The testing is part of the Aeronautical Systems Center component improvement program. During the test phase, employees tested the engine's increased-stiffness blades, oil seals and improved engine logic control systems. Using a non-intrusive stress measurement system, test operators measured the amount of blade deflection or bending that occurs during engine operation.

Following the test, the engine was shipped to Pratt & Whitney facilities in Connecticut to await further testing.

— Information provided by AEDC Public Affairs

Defining 'wellness' for the whole person

Maj. Wendy Larson

Population Health Fellow
AFMC Surgeon General

In my line of work as a dietitian, I hear the word wellness nearly everyday — and in different contexts.

It might be as simple as asking “How are you this morning, John?” And John would reply “I’m doing well, thanks.”

Supervisors are encouraged to support “wellness” activities, to be aware of employee “well-being.”

Health and wellness centers, or HAWCs, across the Air Force offer a wide variety of programs and consultation focused on wellness. Worksite wellness opportunities are increasing in number.

Defining wellness

It’s becoming a household word, this “wellness” thing.

But what exactly does wellness mean to you? The word wellness itself isn’t defined in the dictionary — it says “see healthy.” Some see wellness as the absence of illness. If you’re not in bed with the flu, then you’re well.

A more holistic view describes wellness as paying attention to several areas of life, such as physical, mental, spiritual, social and emotional. Thus, optimal wellness is achieving peak performance in each area.

AF commitment to wellness

Air Force Materiel Command and the Air Force as a whole demonstrated their commitment to wellness in 1994 by establishing HAWCs at each major installation.

Serving as a focal point for health and wellness, they are designed to address the whole person. Core programs include: tobacco use prevention and cessation; physical fitness; nutritional awareness; counseling; stress management; and disease prevention.

Health and wellness center services simply augment the many helping agencies that are also committed to community wellness.

The Integrated Delivery System is the official network of helping agencies on each base. It includes agencies such as chaplain services, family support centers, fitness centers, medical treatment facilities



Maj. Wendy Larson, AFMC Surgeon General office, studies a Health & Nutrition Letter looking for ways to enhance wellness. (Photo by Ms. Estella Holmes, AFMC Public Affairs)

ties and outside agencies.

However, programs and educational services aren’t wellness. The medical community and helping organizations don’t “own” wellness.

A new approach to life

Wellness is an approach to life, and it starts with the individual — that’s you!

So again I ask — what does wellness personally mean to you? If you shy away from the term because it conjures up notions of lavender scented candles, yoga and eating tofu for breakfast, let me share a different perspective.

Wellness is an approach to life. It’s the approach that says “I want to enjoy life, to have enough energy for personal interests and to see the glass half-full instead of half-empty.”

The basics

It’s an understanding that you have to care for your body, mind and soul if you want them to take care of you.

And it’s an approach that starts with the basics instead of focusing on the ideal:

— *You don’t have to run five miles every day. Make it simple, like taking the stairs instead of the elevator.*

— *Drink plenty of water. It doesn’t*

have to be bottled or purified.

— *Smile more.*

— *Eat more vegetables and fruits.*

— *Learn to manage stress in a healthy way. With or without aromatherapy.*

— *Don’t spend more than you earn.*

— *Have faith in something or someone.*

— *Always buckle your seat belt.*

— *Get enough sleep every night.*

— *Hug your kids several times a day.*

— *Learn something new each year. You don’t have to earn a Ph.D.*

— *Count your blessings. You’ll find you have more than you think.*

What this means

Wellness means different things to different people. Within the Air Force Materiel Command, wellness is a commitment to its people and their families.

Individual people who are healthy and “well” build stronger communities. Stronger communities provide a safe and supportive place for individuals.

The return on investment is far more than what can be measured in dollars and cents. It’s greater than the sum of each one individual’s contribution. And it really starts with fairly simple behaviors.

With that, I wish you “well” in every sense of the word.

Enhancing emotional fitness can save your life

Accidents are the leading cause of death for military people. In the Air Force, automobile crashes are the number one cause of accidental injury and death.

Traditionally, military people rely on safety briefings and classes, annual safety training and special emphasis programs like the "101 Critical Days of Summer" to deter accidents.

While these help decrease the accident injury rate, focusing preventive efforts on the injury's behavioral root causes can augment these methods, according to Air Force Materiel Command medical officials.

That's exactly what a multi-disciplinary team plans to do as they launch the first ever behavioral health force protection program, according to Lt. Col. John Stea, mental health prevention services chief at Wright-Patterson Air Force Base, Ohio. The team is made up of members from the Defense Department's Health Service Region 5, 74th Medical Group Mental Health Department, Health Promotion Flight and base safety.

Promoting physical and mental health

Lt. Col. Stea said this program is dedicated to preventing accidental injury, suicide and violence through enhancing emotional fitness and making people more aware of shared risk factors for accidents, suicide and violence.

"The behavioral health force protection program, with support from the 74th Med Group senior leadership, provides information, services and research geared toward mental health promotion and emotional fitness of our military community," he said.

"These include a leadership guide providing a 'tool kit' covering the full spectrum of injury and suicide prevention activities, and a behavioral health protection web site that provides accident prevention and behavioral wellness information to active duty service members and their families," he said.

The behavioral health protection approach has been incorporated into the Air Force Materiel Command's master plan for suicide prevention, according to Lt. Col. Stea.

Risk factors

An important part of the program consists of encouraging mental health and primary care providers to be attentive to the full spectrum of shared risk factors and self-destructive behavior that can lead to suicide, accidental injury and violence.

In addition, facets of the behavioral health protection program have been incorporated at Air War College's Leadership Training Program at Maxwell AFB, Ala.

"Behavioral health protection emphasizes that military members' stressful life events be recognized and managed early," he said. "Early intervention and prevention of self-destructive paths leading to impulsive and risk-taking behavior coupled with managing stress, fostering coping skills and buttressing social support can prevent the full gamut of injuries stemming from behavioral problems.

Reaching out to help

"In short building resiliency and emotional fitness can save lives," he said. "Our motto is helping to reach and reaching to help."

Accidents have been correlated with a number of risk factors including fatigue, depression, stress and anxiety, according to Lt. Col. Stea.



Left to right: Capt. Michael Anderson, Lt. Col. John Stea and Maj. Denise Green, 74th Medical Group at Wright-Patterson Air Force Base, Ohio, confer on a leadership guide for behavioral health protection. (Photo by Ms. Estella Holmes, AFMC Public Affairs)

Associated factors such as alcohol use contribute to accidental injury's overall risk, and all these factors exact a toll on force readiness through the member's absence and poor job performance.

Recognizing vulnerability

"This concern is illustrated by the impairment a person suffering from depression produces, with symptoms of sleep deprivation and poor concentration," he said.

"An example is a young airmen taking a long trip back home after finding out a family member has become ill," he said.

"Distressed, with little sleep and overcome with worry, the airman is easily distracted, drifts into the adjacent lane into oncoming traffic, with tragic results.

"The problem of risk resulting in injury and death remains prevalent as long as these factors continue to effect vulnerable individuals." Lt. Col. Stea said.

For more information, call Lt. Col. Stea, at DSN 787-8719, Maj. Denise Green, Defense Department Health Service Region 5 at DSN 674-5017, or Capt. Michael Anderson, 74th Medical Group psychiatry department at DSN 787-2813.

—Maj. Denise Green and Capt. Michael Anderson, WPAFB Medical Group

Fitness plan puts energy into motion

With the sun creeping out, people will find the warmer weather somewhat energizing. And thinking about the new fitness standards that accompany ergometry testing, which include push-ups and sit-ups, it is probably a good idea to put that energy in motion.

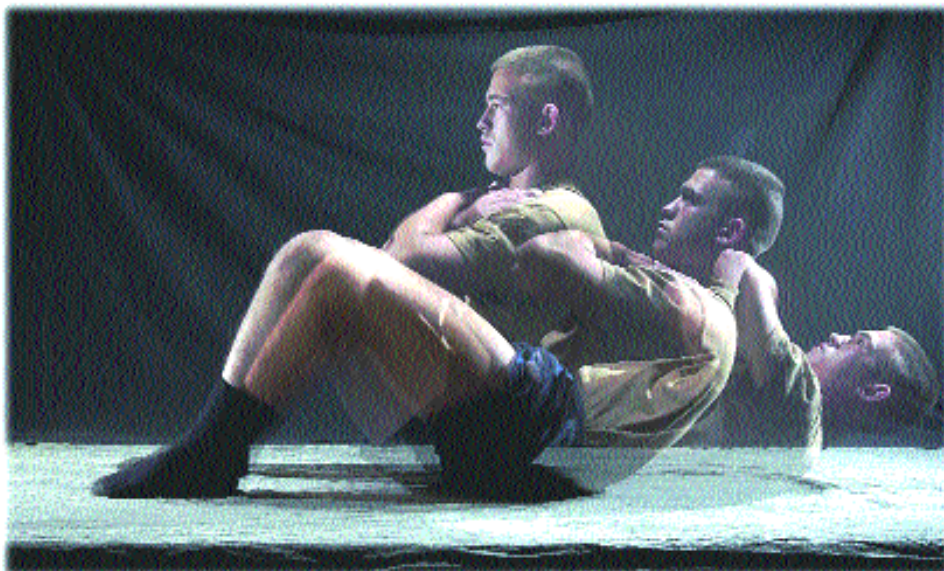
For those who have not exercised in eons, Ms. Becky Mueller, fitness program manager at the Health and Wellness Center at Hanscom Air Force Base, Mass., suggests not trying to do too much when first beginning an exercise program.

"A common mistake people make is to overdo exercise initially and end up hurt, very sore, burned out or discouraged," she said. "Remember to begin slowly, and gradually increase your duration, intensity or frequency."

Understanding exercise

For improving overall health, the American College of Sports Medicine recommends exercising four to five times per week, or daily for weight loss, Ms. Mueller said. To maintain current body condition, one should exercise at least three times per week.

Understanding the two types of exercise, anaerobic and aerobic, may help in determining which workouts give desired results.



Because of new fitness standards that accompany ergometry testing, which include push-ups and sit-ups, health and wellness experts recommend putting that belated New Year's resolution to get back in shape into action. (Courtesy photo)

"The difference lies in the type of energy system used by the body," she said.

Using primary energy

Anaerobic exercise uses the primary energy system, which does not require oxygen to produce energy, but has a fuel source primarily made up of carbohydrates stored in the liver and muscle, Ms. Mueller said.

Anaerobic exercise is a short duration, high intensity activity such as sprinting, jumping for the ball in volleyball or weightlifting.

Aerobics

One the other hand, aerobic exercise does require oxygen to produce energy and also uses both carbohydrates and fat as energy sources.

Greater amounts of fat are used the longer the activity continues, Ms. Mueller said.

True aerobic activities use large muscle groups, are rhythmic in nature and are continuous for at least 20 minutes.

Aerobic exercise is typically more moderate in intensity and is a longer duration activity such as bicycling, swimming, cross-country skiing and jogging.

Combining exercise with daily tasks such as walking the dog or gardening can be beneficial.

"A balance of both kinds of activities is important," Ms. Mueller said. "A well-rounded program includes aerobic exercise, weight training and stretching.

"Leisure and sport activities also enhance personal well-being," Ms. Mueller said.

Reaping the benefits

The benefits of exercise include more than just weight loss.

"Decreasing the risk of coronary heart disease can be accomplished through a number of lifestyle changes, most importantly, diet and exercise," she said.

"Exercise helps you sleep better; suppresses appetite; increases energy levels, mental acuity, metabolism, bone density and self-esteem; helps you perform daily living activities with ease; relieves stress and improves posture," according to Ms. Mueller.

Make it fun

She suggests people choose activities they enjoy and will stick with in the long run.

"Exercise shouldn't be a chore," she said. "Making it fun and enjoyable will help you adopt it as a life-long habit."

Another incentive for exercising is the Air Force's change in ergometry testing which now includes push-ups and sit-ups. They are mandatory this year, but will not be pass or fail until Jan 1, 2002.

— Airman 1st Class Teresa Ide, ESC Public Affairs

Intramurals help you get fit while having fun

If you're wanting to turn your workout into a "game" to get fit and have some fun at the same time, or if you're serious about sports but not quite ready for the pros, consider intramurals.

Whether you're a couch potato wanting to shed a few pounds or a Michael Jordan wanna be, the Air Force Materiel Command's intramural sports program may be just for you.

"The most popular intramural sports are basketball and softball," said Mr. Chuck Thomas, AFMC sports and fitness director.

"More than 5,900 participants throughout AFMC take part in the basketball and softball programs, more than 6,780 participate in the many volleyball, flag football, bowling and golf leagues," he said. "In addition, more than 700 men and women laced up their cleats to take part in soccer leagues this year."

Who can participate?

Installation commanders determine participation, which may include: active duty military; reservists assigned to base units; adult family members; Defense Department civilians including non-appropriated fund employees; base contract personnel; and foreign nationals.

"While most military installations have intramural sports programs, AFMC is the only command in the United States that has an all-star championship," said Mr. Thomas.

Since its inception in September 1993, the championships have identified the best intramural players in AFMC.

Each year, all-stars are selected from more than 14,000 base level intramural program participants, according to Mr. Thomas. However, only military members may participate in the all-star championships because permissive TDY is used.

In 2000, the championships consisted of eight sports drawing more than 8,000 spectators with more than 700 athletes participated.

Why participate?

By every indication, intramural programs increase camaraderie, help maintain healthy lifestyles and enhance interpersonal communication skills, according to Mr. Thomas. Many throughout the command agree.

"Intramural sports competition helps build individual character, good physical health and teamwork," said Mr. Tom White, bowling center manager at Tinker Air Force Base, Okla.

"Another very important aspect of intramural sports is that it brings our servicemen and women together and fosters friendships, relationships and memories that last a lifetime," he said.

"The intramural program is the best thing going in the Air Force," said Mr. Jimmy Howard, Eglin AFB, Fla., intramural coach. "It's a stress reliever and promotes esprit de corps."

Staff Sgt. Tiffany Smith, an Eglin intramural bowler, agrees.

"I love intramurals because you get to meet lots of people

from other organizations," she said. "Plus, everyone's on the same playing field. It gives you a chance to really get to know people."

In an interesting side note, Sgt. Smith met her husband Greg in 1996 during an AFMC bowling tournament. They married and continue to bowl today.

Master Sgt. Lawrence Patterson, stationed at Tinker, has been involved in intramural sports for more than 21 years. He believes being part of intramural sports is an asset to the military way of life.

"As a first sergeant for the past five years, I believe the rapport I've established with other active duty members, including those outside my unit, is due in large part to my participation in the intramurals," he said.

"I believe it makes me appear more approachable. The invisible barrier to communication is eliminated," he continued.

Helping with retention

With the emphasis being placed on retention, Sgt. Patterson said he believes the troops need someone they feel comfortable talking to in any given situation, whether it be on or off-duty.

Airman 1st Class Ilya Wankowski, from Tinker and a member of the AFMC all-star tournament team, recommends the program to others.

"I do feel it's important. It establishes a sense of camaraderie within the squadrons," she said.

It's not about winning

"We place the important things like integrity, loyalty and responsibility in the program so it's not if you win or lose, but

how you play the game," said Master Sgt. James Patterson, Robins AFB, Ga., 93rd Operation Support Squadron intramural coach.

"If you give 110 percent and walk off the floor feeling like you did your best, that's all we expect," he said.

"I sincerely hope AFMC will continue to search for ways to make their already-successful intramural sports program even better," said Mr. White. "Our men and women deserve nothing less."

Tech. Sgt. Angela McCullough agrees. She is a current all-Air Force coach for the 653rd Combat Logistics Support Squadron at Robins.

"To keep this program for nine years is great, especially with funds being cut in the military," she said. "Hopefully other commanders will look at the AFMC sports programs and say 'we want to do that too.'"

"I am a product of the program," she said. "It had a lot to do with getting me where I am now. I became a better player by participating and developing relationships with other players that will last throughout my career — wherever I end up."

— Ms. Libby VanHook, AFMC Public Affairs



Ms. Geraldine Flowers, Kirtland Air Force Base, N.M., practices for the women's 2001 all-star basketball championship, which Kirtland won.

Working out

Base gets new \$9 million dollar state-of-the-art fitness center

A clear morning sky was the back-drop for the much-anticipated grand-opening of the new Robins Air Force Base, Ga., fitness center in April.

Base and local dignitaries gathered with base personnel, media representatives and others to take the first tour through the expansive facility.

"This is the best that I have seen in my entire career," said Mr. Jerry Cardinal, chief of 78th Services Division.

Filling the wish list

The new \$9.1 million center is filled with \$900,000 worth of brand new state-of-the-art fitness equipment. Inside are a wide variety of choices for fitness and rehabilitation needs.

Among the list of choices is a basketball area, separate steam rooms, saunas and shower rooms for men and women, racquetball courts, a three-lane pool, large free weight work-out area, cardiovascular equipment, a martial arts area and a full juice bar.

According to Maj. Gen. Dennis Haines, commander of the Warner Robins Air Logistics Center, there was quite a fight to get the facility. "At the time the fitness center issue was approached, the main focus in Washington was housing and dining halls, not fitness centers."

A new vision of training

He thanked both retired Maj. Gen. Ron Smith, former WR-ALC commander, and 8th District Congressman, Mr. Saxby Chambliss for going to bat for the center and helping to make it a reality. "Thanks to your visions, we have this facility today," he said.

"This is another great day for Robins Air Force Base," said Mr. Chambliss.

He humorously remarked about visiting the old facility on a walk through. "We were dodging rain drops that day and it wasn't even raining," he said.

Mr. Chambliss explained that there was a definite need for the new center. "We needed a new facility for a couple of different reasons," he said. "We think of training primarily as flying F-15s

Airmen appear enthusiastic over the new fitness center's weight lifting equipment.

This is only a portion of the almost one million dollars in new equipment in the much needed, state-of-the-art fitness center which opened in April.



Members of Team Robins check out the new aerobic equipment during the grand opening on April 6, 2001 of the Robins Air Force Base fitness center. Fitness center staffers said the aerobic area has been the most popular part of the facility since opening day.

and F-16s, but there is another aspect of training that is just as important; that is training the mind and body. We want you to have the best facilities to train that mind and body," he said.

The position that the new facility has been needed for a long time was echoed by Gen. Haines. "The military population on the base has grown three times from what it was when we built the original facility," said Gen. Haines. "The original facility was simply undersized for the job."

Triple-sized fitness program

The new facility is 46,000 square feet, double the size of the existing center. Because the old facility will also remain open, it will literally triple the size of the fitness program for the base.

"We will now be able to do everything we want to with our military population and be able to expand the use by our civil service employees. The use of the fitness facilities has been limited in the past because of our facility size," said Gen. Haines.

The fitness center employees are trained in physical fitness and trained to develop fitness programs for center users.

According to Tech. Sgt. Jason Toney, noncommissioned officer in charge of the fitness center, due to the expansion of the fitness program the staff will grow in number from the current 11 to 19.

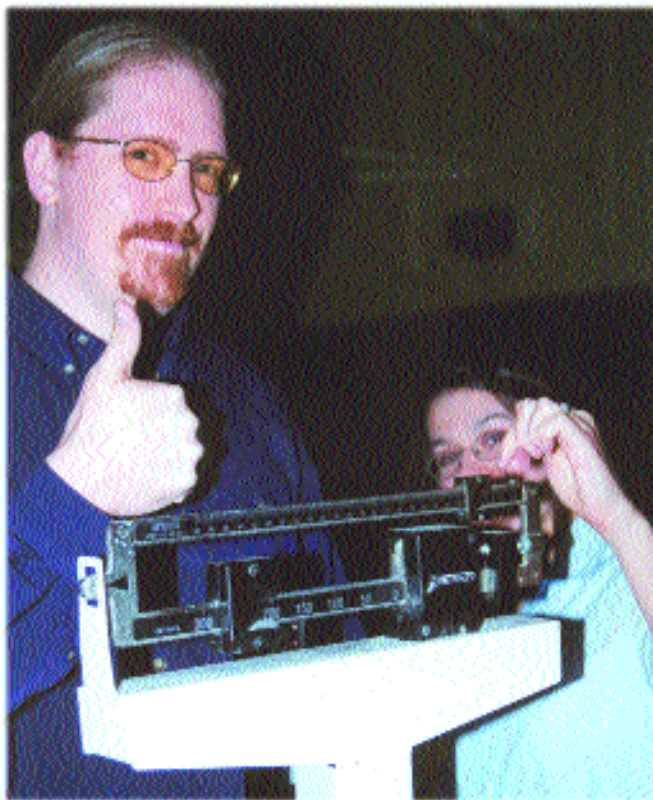
According to Gen. Haines, a number of programs will be available now that the center is open, including comprehensive fitness evaluations.

"We are happy that the center is finally open and are looking forward to meeting the wellness needs of the base," said Senior Airman Yamida Bowman of the 78th Services Division.

"There is no reason for anyone to have an excuse not to work out now," said Col. Marie Hodge, commander of the dental squadron. "This is the best I've ever seen."

—Ms. Lanorris Askew, WR-ALC, Public Affairs

Mr. Ken Runner, a contractor employee at Brooks Air Force Base, Texas, gives a "thumbs up" while being weighed in by Capt. Risa Riepma, Brooks Base Health and Wellness Center health promotion manager. Mr. Runner lost 32 pounds since January through the "Win the Losing Battle" program. (Photo by Mr. Dale Eckroth)



311th HSW employees win the "losing battle"

Ninety-four individuals have lost more than 600 pounds with the help of a program called "Win the Losing Battle" sponsored by the Health and wellness center at Brooks Air Force Base, Texas.

The focus of the program, facilitated by the nutrition program manager, was to help people to shed unwanted pounds through healthy eating and physical activity.

The 12-week program began Jan. 16, just in time to attract those with New Year's resolutions of getting into shape.

At the first meeting, the participants were asked to begin keeping food records and were briefed on the benefits of gradual weight loss vs. weight loss based on a quick fix.

Individuals were given the option to form teams or participate alone. Initial weights were obtained and each participant was instructed to establish a weight loss goal, not to exceed two pounds per week or 24 pounds in 12 weeks. Participants were scheduled for individual nutrition and exercise appointments with a registered dietitian and exercise physiologist.

During this 30-minute appointment, food records were reviewed, tailored recommendations were provided, and specific nutrition and exercise goals were established. Pamphlets and brochures on nutrition and fitness were provided.

Two remaining classes were held a month apart and covered topics such as label reading, eating out healthfully and strength training.

Individuals were contacted weekly by e-mail with a brief health related message and request to send in their weight. Further individual counseling was available upon request.

At the completion of the program, participants returned to be weighed. Prizes were awarded to the three teams and individuals who achieved the greatest percentage of their weight loss goal.

— Capt. Risa C. Riepma, Brooks Health and Wellness Center

Massage rubs people the right way

Ms. Michelle Lowe has enjoyed being able to help people by relieving their stress since long before she received her massage therapy contractor's license in 1993. "I basically grew up rubbing backs and giving foot massages to my family members," she said.

She originally studied cosmetology, part of which was facial massage. It was then that she decided to become a certified massage therapist.

Currently operating out of the Edwards Air Force Base, Calif., fitness center annex, Ms. Lowe offers Swedish massage, including joint articulation and aromatherapy.

Ms. Lowe also feels that it's important for her to continue her training in order to stay current with new developing techniques, many of which help to alleviate stress, the cause of much back pain.

"Many people look at massage as a luxury instead of preventive health care, and they don't come in to see me until they are in dire need," she said. "Massage therapy is an important element of health care."

— Ms. Gwen McKinzie, 95th Services Division





Left: Bike riding is a low-impact exercise which uses large muscle groups. Bike riding should be done for a minimum of 20 minutes, depending on a person's fitness level. Right: Tricep extensions give the individual an overall workout. People should include strength training in their fitness program to tone and develop muscles. One set of 12 repetitions is recommended for a beginner fitness program.

The real skinny on weight loss

Suntan lotion? Check. Beach towel? Check. New bathing suit? Check. Lost 10 pounds to look good in that bathing suit?

Most people can check every one of those items off their "What I need to go to the beach list," except for the last one.

According to Mr. Kevin Branch, Eglin Air Force Base, Fla., 96th Services

Squadron fitness specialist and personal trainer, "when the weather starts to get warmer, we see a change in the type of people coming to the gym," Mr. Branch said. "New people in are those who want to look good just in time for summer."

In addition to going to the gym, some of these people also go on popular fad diets in an effort to lose a few extra pounds, said Ms. Georgia Barlow, health and wellness center dietitian. "Although this quick fix practice of weight loss can sometimes be dangerous, not all diets are bad," she said.

Dieting and keeping it off

"Some diets have a kernel of truth in them, but if it doesn't help people keep the weight off afterwards, then it's really not accomplishing anything," Ms. Barlow said. "Before going on any type of diet or weight loss program, people should consult a doctor to make sure what they're doing is safe."

Mr. Branch, who has been a personal trainer for seven years and a certified aerobics instructor for 12 years, agrees. He said each person is different, and professionals can help lead individ-

uals in the right direction.

Ms. Barlow and Mr. Branch agree the best way to lose weight is through proper diet and exercise. They said adopting a well-planned diet and fitness program can help a person lose 1 to 2 pounds per week.

Ms. Barlow said her more than 30 of years experience show that calories count. "In order to lose weight, you have to take in fewer calories than you burn," she said.

Ms. Barlow insists the best type of diet is one based on the food guide pyramid. The pyramid shows the correct number of servings a person should eat from each food group. She said if you took the minimum servings of each food from each of the groups on the pyramid, you would have a 1,200-calorie diet.

To reach a certain weight, a person should multiply his or her target weight by 10 to get their minimum calorie level.

Ms. Barlow said by subtracting 500 calories a day from a person's diet, he or she can probably reach his or her target weight in a reasonable amount of time.

However, there is a flipside to cutting back on calories.

"There is a problem if a person cuts down their calories too low," Ms. Barlow explained. "It can slow their metabolism. Their body thinks it's starving. That's why exercise is really important. It increases metabolism."

"Weight gain sneaks up on you and unfortunately that's probably the way it's going to come off of you. If you think about losing weight in the same terms, you're going to have a more realistic idea of how long it's going to take to lose it and keep it off."

Mr. Kevin Branch, fitness specialist

— **Skinny continued next page**

— skinny continued

“A major factor in a good diet is consistency,” Ms. Barlow said. “People get bored with the same thing all the time. I think that’s a problem with a lot of people, they don’t stay with the diet long enough to help. The goal is to make permanent changes in their eating patterns.”

Mr. Branch said the fitness side of losing weight is similar to the dieting — create a game plan and stick to it.

“With any type of program, exercise or diet, one of the best things to do is to keep a diary,” he said. “Take a look at what you’ve been doing or eating then make any type of changes you want.”

He said despite their usefulness, it takes more than sit-ups and push-ups to lose weight. People need a well rounded routine.

“To burn fat you have to do aerobic activities like running, bicycling or swimming,” Mr. Branch said.

These exercises are recommended because they use the largest muscle group — the legs. By working large muscle groups, people burn more calories.

No need to overexert

It’s not necessary for people to overexert themselves to get into a regular routine, Mr. Branch insists. He said he usually starts his students with an exercise they can do on a regular basis, like walking.

“On a beginner program, I generally like to get a person started on a light workout for at least two weeks,” he said

“You should be able to walk out of the gym and say you don’t feel a thing,” Mr. Branch said.

“That’s a program where you’re easing into it and you’re not hurting yourself. People make the mistake of jumping into



Above: Stretching increases flexibility, prevents soreness and should be held for at least 20 seconds. Start slowly. For a beginner, three sets of each repetitions are recommended.

a program and doing too much too fast and they wind up injuring themselves or they’re so sore they don’t come back.

“A person starting a program should work out at least three times a week with no more than a 72-hour lay off,” Mr. Branch said.

Diet and exercise

“Your eating and exercise habits should be subtle,” he said. “You have foods you love which may not be right for you. Just slowly eliminate them.”

Mr. Branch and Ms. Barlow agree the most important thing in losing weight is to commit to a lifestyle change.

“If you’re going to keep your weight under control, you really need to change

your eating habits rather than going for a quick fix,” Ms. Barlow said. “If you don’t change your eating habits and lifestyle, then the weight is going to come back.”

Mr. Branch added that people should be realistic about the weight they will lose in a few months. He said taking an educated view of weight loss makes all the difference.

“Weight gain sneaks up on you and unfortunately that’s probably the way it’s going to come off of you. If you think about losing weight in the same terms, you’re going to have a more realistic idea of how long it’s going to take to lose it and keep it off.”

—Ms. Lois Walsh, AAC/PA

Edwards: ready to meet the test

The Air Force will be implementing a new standard for testing physical fitness and the Edwards Air Force Base, Calif., Fitness and Sports Center staff came up with a plan to start preparing their troops for the challenge ahead.

They introduced small, inexpensive pieces of equipment that enhance abdominal muscles, flexibility and total upper body strength according to Mr. Lawrence Engerman, fitness and sports chief.

“One piece of equipment in particular has become famous for its success in developing abdominal and upper body strength,” he said.

“Staff and patrons alike praise it for the strength they’ve gained to do sit-ups and push-ups. At the cost of \$10, the Ab Wheel is a bargain, considering the benefits gained by its use,” said Mr. Engerman.

Simplicity is also a factor in its success. The Ab Wheel can easily be used by almost anyone. It doesn’t require a lot of space, nor does it require set-up or breakdown, and it can be purchased from

nearly any sporting goods outlet.

Mr. Engerman offers this advice to get started: place the wheel on the floor in front of you. Grab both handles and extend the wheel away from your body.

This movement causes all of the upper body muscles to stretch and tighten as if doing an isometric exercise — the back muscles and the abdominal muscles stabilize the body at this point.

As the wheel is brought toward the body, the tension shifts to the abdominal muscles as the primary muscle group worked and abdominal contraction occurs.

—Mr. Lawrence Engerman, 95 SPTG/SVMP

Year of the Family

AMARC implements quality of life initiatives

The Aerospace Maintenance and Regeneration Center, or AMARC, at Davis-Monthan Air Force Base, Ariz., recently kicked off two events focusing on the Air Force Materiel Command's Year of the Family celebration.

First came an open house directed specifically towards the total family. More than 550 family members and friends joined with employees to enjoy a day of tours, demonstrations, games, team-building activities and lunch.

Then the center celebrated another significant event with a ribbon-cutting ceremony for the opening of a new health and wellness center.

Col. Reed L. Roberts, AMARC commander, gathered with current and former employees and invited guests to dedicate the newly renovated facility, which was built as a quality of life initiative in support of AFMC's Year of the Family celebration.

It's all in the family

"Gen. Lester Lyles, AFMC commander, defines a family as a group of people working toward a common goal, with a mutual regard and concern for one another," Col. Roberts said. "By focusing on the goal to provide an 'in-house' fitness center with newer, better equipment and improved facilities, we will be able to improve the health and well being of our employees and achieve the rewards of this initiative."

The newly renovated facility is complete with upgraded and newly added equipment and totals more than 2,000 square feet, more than doubling the old exercise workout area.

"We took a major portion of a 6,000 square-foot building that was being under utilized," Col. Roberts said. "Rather than simply close off a portion, we had a vision of making a small investment to add shower facilities to existing bathrooms, and partition the fitness area with module walls to reduce cost and allow for future expansions to meet future mission needs. It was a small investment, but a targeted one, that I believe will benefit everyone here."

Ms. Margaret Nelson, health and wellness coordinator, said "we conferred with experts from Arizona Health Inc., a local health consultation firm, on the layout of the fitness equipment. With their assistance, we were able to strategically lay out the equipment and maximize the use of our newly-renovated facility. We even recruited 'muscle' from many of our co-workers to move and reassemble the equipment. This was truly a team effort."

A good use of time

"It is a great way to spend one hour or two before or after work. The employees will benefit toward improving their personal health and AMARC will be rewarded with a healthier workforce to meet future challenges," said Col. Roberts.

"It is truly a 'win-win' proposition. The Air Force member improves their personal health and lifestyle and the Air Force gets improved capability from our most precious resource — our people" he said.

"Remaining in concert with Gen. Lyles and the command's year of the family celebration, AMARC is committed to finding and implementing new quality of life initiatives," said Col. Roberts. "Everyone here is excited to continue the drive to implement new quality of life initiatives."

— Ms. Teresa Vanden-heuvel, AMARC Public Affairs



A C-141 on display at the AMARC open house fascinated participants of all ages.



AMARC family members Brittany Johnson, Jerrod Johnson and their guest Josh, experience the closeness of a 20-man life raft, part of an aircraft crew survival equipment display at the open house.



AMARC aircraft management directorate employee, Mr. Richard Aviles, tries out the leg press at the health and wellness center dedication ceremony.



Hanscom duo helps DEA

HANSCOM AIR FORCE BASE, Mass. — Staff Sgt. Scott Morin, 66th Security Forces Squadron K-9 unit here, and his partner, military working dog Dingo, were recently assigned to work with a Drug Enforcement Agency counter-drug task force for three months.

The team was responsible for intercepting large shipments of drugs being trafficked through an undisclosed location.

During the three months, the team detected and removed from circulation approximately 500 pounds of marijuana and \$53,000 in drug money.

"The work was especially rewarding because, even though we were not working in the local area, the majority of the drugs we intercepted were headed to the New England area," Sgt. Morin said.

— *ESC Public Affairs*

Register online for fifth U.S. Air Force Marathon

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — Online registration is now available for people participating in the fifth annual U.S. Air Force Marathon, scheduled here Sept. 22.

To register, visit the marathon Web page (afmarathon.wpafb.af.mil), and click on the "register information" button. Payment is by credit card only.

A relay or marathon team captain will be required to provide the total team payment on one credit card, and will also need to provide the personal information (name/address/phone/age/weight/e-mail) for all team members.

Entrants providing an e-mail address will receive a confirmation e-mail within two weeks of registration. Confirmation cards will be sent through the mail to

those registrants not providing an e-mail address. The entry deadline is Sept. 5.

Registrations received after Aug. 15 may not receive a confirmation. Changes to team composition will not be made after Sept. 12.

For more information, call the U.S. Air Force Marathon office at (937) 257-4350.

— *ASC Public Affairs*

AFRL develops new traffic monitoring system

ROME, N.Y. — Laser-based traffic monitoring technology, developed by Air Force Research Laboratory engineers, will offer state and federal highway authorities a new, inexpensive means to analyze roadway usage — while increasing safety for both motorists and highway maintenance personnel.

The multi-lane traffic monitoring sensor, developed by AFRL Information Directorate's Information Systems Division at Wright-Patterson AFB, Ohio, is a low-cost, non-intrusive lane-monitoring sensor.

Measuring and classifying vehicular traffic over multiple-lane roadways, the system was developed to eliminate roadway installation safety concerns.

— *AFRL Public Affairs*

Five AFMC colonels selected for first star

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — Five Air Force Materiel Command colonels will be seeing stars once their nomination to brigadier general is confirmed.

President George Bush nominated 41 colonels for their first star. AFMC people represent 12 percent of that list.

The Senate is reviewing those nominations and confirmation should come in four to six weeks, said Lt. Col. Mike MacIver, Air Force General Officer Matters Office plans and policy division chief.

AFMC's selectees are:

— **Col. Rosanne Bailey**, the armament product group manager at Eglin Air Force Base, Fla. She is responsible for planning, developing, integrating and managing Air Force munitions systems from cradle to grave to provide a reliable and robust combat capability for U.S. and allied forces.

— **Col. Ted Bowlds**, the program

director for the C-17 System Program Office at Wright-Patterson. He leads a 40,000-member government and industry team chartered to design, build, test and deploy fully supported production C-17 aircraft.

— **Col. Jan Eakle**, the 377th Air Base Wing commander at Kirtland AFB, N.M. She leads a wing that provides munitions maintenance, readiness and base operating support for the third largest installation in Air Force Materiel Command.

— **Col. Mark Shackelford**, the F-16 System Program Director, F-16 Systems Program Office at Wright-Patterson. He is the single manager for developing, modifying, testing, producing and sustaining the F-16.

— **Col. Henry Taylor**, AFMC's deputy director for logistics operations at Wright-Patterson. He helps develop and direct policy and procedures for major overhaul, repair and modification of weapon systems and spare parts.

— *AFMC Public Affairs*

Phase one expansion begins at USAF Museum

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — A \$16.6 million contract was awarded in April for phase one of the construction of a Cold War Expansion at the United States Air Force Museum here.

The U.S. Army Corps of Engineers awarded the contract to Monarch Construction Company of Cincinnati.

Phase one calls for the construction of an approximately 190,000 square foot hangar, the largest of the three new facilities envisioned with the expansion.

Subsequent phases include the construction of a tower, housing the museum's world-class collection of intercontinental ballistic missiles and a new space gallery.

The Cold War Expansion is funded by the Air Force Museum Foundation, a private, non-profit organization incorporated in the State of Ohio in 1960 to further the purposes of the U.S. Air Force Museum.

The Air Force will provide the funds to design and install the exhibits as well as operating costs for the new facility. Groundbreaking will begin this month.

Tentative completion is scheduled for Spring 2003.

— *USAF Museum Public Affairs*

F-22 maintenance is nearly 'plug and play'

Future maintainers of the F-22 Raptor will realize quickly what America's most technologically advanced fighter has in common with most of today's machines.

It's as close to plug and play as you can get.

That means Raptor crew chiefs will be able to plug a specialized laptop computer into a port on the aircraft to diagnose a problem, malfunction or glitch in an array of areas from avionics to propulsion.

It is another Air Force first from the F-22 Combined Test Force and the maintenance team that fixes, tweaks and innovates each day at Edwards Air Force Base, Calif. This plug-and-play capability is making more than one of its crew chiefs a little indifferent about the change.

"I'm not sure what to think of that just yet," said Tech. Sgt. Robert Manter, the crew chief for jet number 4005. "A lot of us are used to walking around the jet and performing tests on each separate system. You just don't do that with the F-22."

In fact, there isn't much that's standard about F-22 maintenance technical orders. Such guidance is being tooled by civilian and military maintainers, who work each day to create an aircraft that will, one day, be the dominant fighter jet on the planet.

These maintainers are working side by side with the airframe engineers, the pilots and others who apply their trade in honing and shaping the aircraft.

For Staff Sgt. Michael Graves, an avionics specialist with the test force, the sensation of being part of the development of a new weapons platform is like no other. "We're learning something new every day — we do stuff every day that is just unbelievable."

He said that every component, black box and weld is made to help lower the number of maintenance people assigned to the Raptor. That translates to a smaller personnel footprint on the battlefield and a big win for Air Force planners.

About that laptop ...

That laptop, known as a portable maintenance aid, will be a key to ensuring the F-22 shelf life and keeping it flying. It will also eliminate much of the paperwork associated with maintaining a fleet of fighters, Sgt. Manter said.

The portable maintenance aid plugs into an interconnected avionics,



Staff Sgt. Robert Rjasko, an aircraft armament system evaluator with the F-22 Combined Test Force at Edwards Air Force Base, Calif., prepares an AIM-120 advanced medium range air-to-air missile for a Raptor launch. The fighter's new technology is changing the way F-22 maintainers and ammo troops go about their job. (Photo by Mr. Derk Blanset)

hydraulics, weapons and propulsion system. In an instant, crew chiefs can check the oil, kick the tires and ensure their Raptor is ready to fly. So far, it is working as advertised, he said.

It's exciting

Innovations like that could mean a higher mission-capable rate during peace and war. That prospect excites people like Col. Chris Seat, the combined test force director, an F-22 test pilot and one of the aircraft's most enthusiastic proponents.

"I think the next generation of folks to work with F-22 will be very comfortable with it right off the bat," he said. "It is going to open up such a tremendous new capability. It's going to be a whole new concept of operations."

The Raptor upkeep is also amazing the ammo troops.

Staff Sgt. Rob Rjasko is one of the ammo kin who loaded and watched testing of an AIM-120 missile launch. He is one of the first people to make sure the joint direct attack munition, a low cost guidance kit which converts existing unguided free-fall bombs into accurately guided "smart" weapons, would fit into the F-22 weapons bay.

Did it fit? "Oh yeah," he said. "No problem."

In Sgt. Rjasko's world, the F-22 is also changing the way business is being done. Hydraulics and nitrogen, not explosives, release the weapons from their airborne mounts. The weapons bay is also sealed

when not employing a weapon, lowering drag and helping the jet look like a hummingbird on a radar screen.

When fully loaded, the F-22 can carry two sidewinders, six AIM-120C advanced medium-range air-to-air missiles and its 20 millimeter gatling gun; or two sidewinders, a 20 millimeter gun, two AIM-120's and two 1,000-pound Joint Direct Attack Munitions.

Sgt. Rjasko has been working double-time to keep up, and knows when the fighter is called to service, it will have no equal. "I've been able to make and implement my suggestions into the F-22 development process. How many people will be able to say that?" he asked.

Still in awe

While the innovation and testing continues at a breakneck pace until the first phase of testing ends in 2002, Sgt. Manter and his colleagues are in awe of the jet's capabilities and what it will be able to accomplish once deployed. "Most people won't believe what this aircraft will do."

F-22 test pilot Lt. Col. Gary Plumb agreed. "It is flexible and fast," he said.

"Eventually, we're going to be the ones who are expected to train the rest of the Air Force on how to fix this jet. It's a big responsibility," Sgt. Graves said.

"Everything they said it can do, it does. To look at a jet that big, that agile and be told that no one will be able to see it or catch it is amazing," Sgt. Graves said.

— By Staff Sgt. Jason Tudor, AFPN



B-2 Ironbird lands at Tinker

A full-scale replica of the B-2's hydraulic system successfully completed its integration and test program at Tinker Air Force Base, Okla., completing the B-2 laboratory relocation effort from Pico Rivera, Calif., to Tinker.

The replica, or Ironbird, and its associated laboratory control room comprise the flight control hydraulic integration laboratory. Although the laboratory will go through an extensive upgrade in 2001 as part of the B-2 long-term software support program, it is currently operational.

Providing simulated control surfaces

The laboratory is the largest and most complex of the many B-2 software laboratories relocated to Tinker. A major component of the lab is the Ironbird, a replica of the air vehicle's hydraulic system, including air vehicle pumps, valves, actuators, plumbing and support structure. The Ironbird provides simulated control surfaces that represent approximate air vehicle structural stiffness, centroid of mass, inertia and weight characteristics.

As a result of the 1994 Air Force decision to relocate all Northrop Grumman software laboratories to Tinker, a strategy to design, build, transport and re-assemble the basic structure in Oklahoma was undertaken. After several months of initial planning, the first engineering shop order to begin building the new Ironbird was generated and released to manufacturing in Pico Rivera in August 1996.

At the same time the engineering design was being executed at Pico Rivera, project engineers had to also produce specifications for a brand new facility to be constructed at Tinker to house the laboratory. The result of the military construction

effort was a 60,000 square foot facility capable of installing and operating the Ironbird.

Facing obstacles

In April 1999, a small team of engineers and technicians arrived at Tinker to begin building the Ironbird. The team was faced with many formidable obstacles because the building was approximately 50 percent complete. The entire team, including the B-2 system support manager, Northrop Grumman personnel, Army Corps of Engineers and several other contractors coordinated the many issues that surfaced during the effort.

The building was completed in December 1999 and the Northrop Grumman effort on the Ironbird was in full swing. The offsite crew at Tinker had grown to nearly 50 people with another 50-plus people supporting in Pico Rivera. The team handled more than 1,000 engineering drawings and authorities to proceed, installed 200 tons of concrete, 100,000 pounds of steel, 4,000 brackets and made operational nearly 2,000 hydraulic tubes and 300 hydraulic line replaceable units.

Finally, after nearly 450,000 man-hours, \$3.5 million in material acquisition and more than 800,000 miles traveled for the team involved, the Ironbird was ready for integration with the laboratory control room. The integration effort was successfully completed in December on schedule.

The effort by many individuals and organizations has provided the B-2 Weapon System Support Center and U.S. Air Force with a world-class Flight Control Software development and maintenance facility for decades to come.

— Mr. Bobby Drake, Northrop Grumman

Medical team believes in 'giving something back'

“Giving something back”—that’s the common theme among the 11 Americans who went to the People’s Republic of China to accomplish a medical humanitarian mission. Of the 11, three were Air Force officers from Kirtland Air Force Base, N.M.

When Col. (Dr.) David Kenagy, a pediatrician at the 377th Medical Group, went to China in 1997, he thought it was simply to meet his new daughter, Elizabeth, but the orphanage’s pediatrician asked him to help a dangerously ill baby.

Wanting to help

“That was my introduction to the state of health care for the poor in China,” he said, “and I wanted to do something to help.”

That opportunity came in 2000 when the adoption agency, Children’s Hope International, decided to sponsor its first medical mission to help children in orphanages. The agency wanted to help children whose birth defects slowed their adoption as well as those with mental defects that made adoption impossible.

By announcing its intention the agency hoped to attract a plastic surgeon to repair cleft palates and an orthopedic surgeon to repair clubfeet. Also needed was an occupational therapist to teach the orphanage staff to give mentally handicapped children the best possible education, as well as nurses and anesthetists to support the team.

When Col. Kenagy described his Air Force work in Jordan, Nicaragua and Honduras, the agency asked him to act as the team’s medical director.

Putting together a team

“The first step was to decide the team make-up,” he said, “and we needed an orthopedist.”

Children’s Hope International had recruited a plastic surgeon, Dr. Bill Hart, and a nurse who worked closely with him.

Maj. (Dr.) Robert Bents, an orthopedist and Maj. Anna Green, a registered nurse, both from the 377th Medical Group were quickly recruited for the mission. The next step was to see where the team would be going, and what they needed to take.

Col. Kenagy and Dr. Hart flew to China with a Children’s Hope International founder. They visited orphanages in Nanchang and Urumqi. They also visited hospitals in each city to select the ones where the operations would occur.

“While the training and skill of the doctors is excellent, money is a limiting factor in Chinese medical care,” said Col. Kenagy. Disposable items including scalpel blades, sutures and even scrub brushes are in short supply.

As a result, scalpel blades are sterilized and re-used, and scrub brushes are rarely used. “The techniques of sterilizing the staff’s hands and equipment are not as sophisticated as in the West,” he said.

Back home Col. Kenagy and the team began to find the equipment and medicines they needed. They found friends who donated or loaned expensive surgical instruments and sutures.

Col. Kenagy went to drug companies with the help of Maj. M. Fred Richards, the 377th Medical Group pharmacy chief. “Maj. Richards put me on to some sources that really came through.”



Top: The toddler play room at an Urumqi orphanage visited by a team of medical personnel including three volunteers from Kirtland Air Force Base, N.M., when Children’s Hope International sponsored its first medical mission to help children in orphanages. Bottom: A child waits for cleft palate surgery made possible through the medical mission. The tape on the baby’s forehead has her name on it. In the U.S. armbands or wristbands are used.

Beginning the mission

The mission lasted two weeks. The 11 Americans went first to Beijing and spent a day familiarizing themselves with the Orient. Then on to Nanchang, which is in Jiang Xi province, south of Beijing.

The orphanage in Nanchang is one of the largest in China with about 750 children. The team’s first day was long and complicated.

Days were long because the Americans didn’t know about the Chinese custom of mid-day “rest” which is much like the “siesta” in Mexico. It was further complicated when they operated into the evening and electrical

— Giving back *continued next page*

— Giving back *continued*

power to the hospital failed.

"Imagine standing by a baby you've just operated on who is having some difficulty breathing," described Col. Kenagy. "Then while you're struggling with monitors that measure his condition, the lights go out, leaving you working in moonlight."

"Now picture doing this in a country where you don't speak the language, and all but one of the staff has left for the day. Throw in the absence of any telephones, intercoms, or walkie-talkies and you have a sense of it," he said.

After a week in Nanchang the team went to the far west of China and the city of Urumqi. Meeting doctors in Urumqi exposed the team to the divergent views of China's ethnic minorities. Spending a week in Urumqi as well, the team 'found its groove' in a hospital a bit more sophisticated than the one in Nanchang.

While the surgeons worked in the hospitals, Col. Kenagy and the occupational therapist worked in the orphanages. They spent their time teaching staff and diagnosing problems.

Doing their best to help

"Some kids we just couldn't help," said Col. Kenagy. "What do you do when the child obviously has a serious heart defect, but there's no cardiologist, no money for an ultrasound to properly diagnose it and no money for the surgery to repair it?"

Even simpler problems are diagnosed later in life than they would be in the West. One boy had bruises and bleeding into joints that strongly hinted at hemophilia, a condition usually detected well before this boy's age, 3 years.

Several of the children appeared to have been abandoned after diseases like mental retardation were detected or with injuries such as major burns.

"China's overpopulation problem is so serious that some consider it a threat to national security," said Col. Kenagy.

"When a family is limited in the number of children they can raise, a life- or work-threatening condition is a very serious problem," he said. "That's even more true because welfare and social security are not available."

Col. Kenagy is enthusiastic about Children's Hope International's work. The team gave otoscopes to diagnose ear infections to each orphanage. They delivered medicines and taught doctors how to prescribe them.

Providing foster care

In each city Children's Hope International has established something new to China — foster care. Older adults who live near the orphanages receive \$50 per month to be foster parents, giving orphans love, a home and a daily routine.

Right now, that money comes from the fees Children's Hope International charges to perform adoptions, but donations are beginning to come in. And team members continue to help from home.

"Several times each week we discuss medical management by using the Internet," said Col. Kenagy. "It's not full compensation for the beautiful girl we received from China, but it's a start."

— Mr. Terry Walker, 377th ABW Public Affairs

Air Force One managed by Tinker organization

When the president visited Tinker Air Force Base, Okla., Feb. 19 he was flying in a Tinker-managed aircraft.

The contractor logistics support management directorate manages the VC-25A, a fleet of two Boeing 747-200 aircraft, known as Air Force One when the president is aboard.

The directorate manages Air Force One's day-to-day issues like supply and logistics support, while ensuring the aircraft are maintained to Federal Aviation Administration, or FAA, regulatory standards. This support includes engineering and technical support, production management, modification management, budget management and contracting.

Programmed depot maintenance is also managed by this directorate, but the work is contracted out to Boeing's Wichita, Kan., facility.

When it comes to safety and fiscal responsibility, directorate personnel take their jobs seriously. They have to, because they are responsible for managing more than 400 military and civilian aircraft around the globe with a price tag that exceeded \$600 million last year.

Col. Donna Stromecki, system program director, and Mr. Richard Martin, deputy director, collectively maintain high standards for their employees. The goal is to achieve the highest standards implemented across the board regardless of the program.

"As the center of excellence for all contractor logistics support weapon systems, we do whatever is required to support our customer, with safety and fiscal responsibility," said Mr. Tom Boyle, lead special air mission program manager. "The goal is to provide the customer with the most effective and efficient air transportation at the best cost and the highest level of safety."

According to Mr. Boyle, program depot maintenance is performed on one of the two Air Force One aircraft every year. To comply with a recent FAA mandate, one aircraft was updated with a new fuel quantity indicating system.

Heavy maintenance, completed on that aircraft in December, included installation of the global positioning system and flight management computer system. These systems were added as part of increasing FAA mandates to help make the aircraft more efficient.

The second Air Force One aircraft will be compliant with the FAA mandate when it rolls out of program depot maintenance later this year, Mr. Boyle said.

Mr. Boyle said Tinker has managed Air Force One since the airplanes were originally delivered back in 1990. Contractor logistics support also manages the majority of the commercial derivative aircraft within the Air Force, to include some Army, Navy and Marine Corps aircraft.

"Air Force One has a lot of visibility, but the bottom line is the approach has to be the same for everyone," he said.

— Mr. Darren Heusel, OC-ALC Public Affairs



Disney goes Edwards

Bursting through the clouds, you make a gentle bank over the Golden Gate Bridge, sun glistening off the water and the wind in your face as you sail off toward the ocean.

An instant later you're swooping down over the heads of kayakers and whitewater rafters as they ride the rushing waters of Redwood Creek in Eureka, Calif. The journey has only just begun.

For four and a half minutes, you almost forget you're inside a giant theater, strapped into a ski lift-style seat watching images on a movie screen.

Looking back

The place is Disney's newest theme park, California Adventure, and the attraction is "Soarin' Over California," the only ride attraction in Condor Flats, an area designed to resemble a high-desert air base, namely Edwards Air Force Base, Calif., as it may have looked in the '40s and '50s.

Inside a cavernous theater, visitors are lifted more than 40 feet in the air above an 80-foot-in-diameter IMAX-style screen where images depicting the wide diversity of California's landscape pass in front and below them. The seats sway left and right and dip up and down according to the landscape, creating the illusion of soaring over California in a hang-glider.

It seems real

Some say it feels so real, they can't help pulling their feet up as they dip a little too close to the treetops or duck when a golf ball launched from the Palm Springs golf course zooms by.

Attention to detail enhances the illusion. Banking close to Yosemite Falls, riders say they actually feel the faint mist of the roaring falls. The scent of oranges greets them as they sail over the groves near Camarillo.

California Adventure, located next door to Disneyland, opened to the public Feb. 8. The 55-acre park is divided into three lands: Golden State, Paradise Pier and Hollywood Pictures Backlot. Condor Flats flight test center is located in Golden State land and, according to Disney officials, is "dedicated to the wonder and ingenuity that helped spawn California's legendary aviation industry — from the age of the first hand-made flying contraptions to the space age."

When planning to recreate this high-desert air base, Disney imagineering designers visited Edwards to study how the older hangars and other areas of the flight line were constructed as part of their research for the project.

"The imagineering folks came out approximately three years ago to familiarize themselves with the structures and aircraft," said Mr. Jim Young, Edwards historian. "They were most inter-

ested in what they considered the 'golden age' of aviation — the time of Chuck Yeager and other aviation pioneers," he said.

"They had an idea of what they wanted to do and came to us for suggestions on the type of aircraft to feature as well as the people who flew them. They took a lot of photos of the base and the surrounding terrain."

It was a strange tour



A replica of the Bell X-1, Glamorous Glennis, erupts from the front of a restaurant in Condor Flats. Disney imagineers studied the model hanging in the Edwards museum and gathered numerous photos from the history office to ensure the accuracy of their replica. (Photo by Airman 1st Class Jessica Christoforo)

"It was probably the strangest tour I've ever given," said Mr. Dennis Shoffner, base community relations chief. "I took them onto the lake bed and we toured the flight line. The F-22 was sitting out there and the B-1 was flying overhead, and they were all excited about the concrete and how the hangars were constructed."

"The Edwards people were very gracious to take us on such a great tour of the base," said Mr. Alec Scribner, Disney imagineering lead show producer.

"To actually stand in the Yeager Pit and to look out over the expansiveness of Edwards and the desert from the tower was a privilege," he said. "The file of photos we collected, including

one we took ourselves and those Edwards provided, have been invaluable in designing Condor Flats."

Edwards' involvement in the project didn't end once the imagineering team packed up their cameras and notepads and headed home. After their initial visit, they returned with a story-line for Condor Flats.

"They had the purpose and content of the area worked out and asked us to review it," said Mr. Young. "We suggested some changes. They came back again in October and we reviewed the script and made additional suggestions."

According to Mr. Scribner, once Disney decided to create a theme park based on California's diversity and to include the aviation history held in its high desert region, it made perfect sense to use Edwards.

A tribute to many

"In a way, this is really a tribute to Edwards," Mr. Scribner said. "When you enter 'Soarin' Over California,' you see the pictures lining either side of the corridor.

"One side is the 'Wings of Fame' showing many of the aircraft that made aviation history. On the other side is 'Legends of Flight,' a tribute to the people who flew those aircraft — people like Chuck Yeager. Much of that history was made at Edwards."

Mr. Scribner said there have already been some Edwards people who have toured Condor Flats.

"We've had comments from some Edwards people saying we did a good job. To me, there's no higher compliment," he said.

— Master Sgt. Stefanie Doner, AFFTC Public Affairs

AFCEE illustrator "mad" about his art

Mr. Chuck Brewer is 'MAD' about his distorted art, inspired by the irreverent magazine by the same name that launched fellow caricaturists' careers.

"I admire the work of MAD magazine's Mr. Mort Drucker and Mr. Jack Davis who I feel are among the top caricaturists in America," he said of the retired legends who've influenced his work.

Free-spirited humorist

Becoming a caricaturist has transformed this former introverted cartographer into a free-spirited humorist who enjoys exaggerating real life.

"I see the world in a humorous way. I started doing caricatures at Kelly Air Force Base, Texas, as farewell gifts," said the 61-year-old audiovisual specialist for the Air Force Center for Environmental Excellence's public affairs multimedia division at Brooks AFB, Texas.

Born to a poor coal mining family in Columbus, Ohio, Mr. Brewer's metamorphosis into a fun loving 'comic of art' didn't occur until his mid-40s.

"My mother wanted me to be a draftsman," he recalls of a profession that suited his analytical personality. However, the seeds were sown for his future caricaturist career when in 1958 he became an Army draftsman.

"To warm up for drafting work, I'd do pencil-point 'doodles'," he said. His talent didn't really surface until after he had become an Army illustrator and cartographer.

In the beginning

Following his civil service reassignment to Brooks, he turned his hobby into a part-time off-duty career.

"In 1994, I was visiting Market Square in downtown San Antonio when I saw Mr. Gabe Chavez sketch caricatures. I told him, 'I admire your work. I wish I could do that,'" he recalled.

Mr. Chavez responded, "Here, take this pen and draw me. You have to do it in 3-5 minutes."

Unprepared for the challenge, Mr. Brewer drew the 'happy face' logo instead. "He laughed, then asked me if I would like to go to work."

Mr. Brewer was motivated by the offer.

"It takes a certain kind of personality to do that kind of work. You have to have courage to draw things 'on the fly' and have a salesman's attitude."

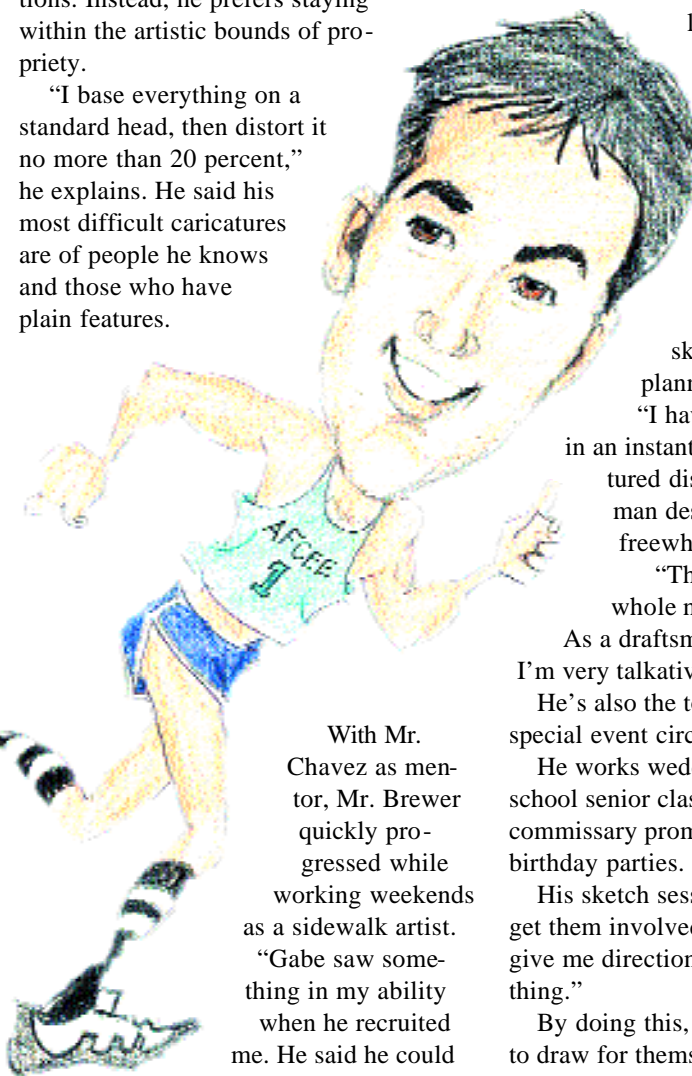
Mr. Chavez trained Mr. Brewer, focusing on proportion techniques. "The key is this: whatever your first impression is, draw it!"

"The degree of distortion is based on Chavez's philosophy: 'You distort in a humorous, complimentary way'."

Staying in 'bounds'

Mr. Brewer dislikes the style of political caricaturists whose images of people are often negative, outrageous exaggerations. Instead, he prefers staying within the artistic bounds of propriety.

"I base everything on a standard head, then distort it no more than 20 percent," he explains. He said his most difficult caricatures are of people he knows and those who have plain features.



With Mr. Chavez as mentor, Mr. Brewer quickly progressed while working weekends as a sidewalk artist. "Gabe saw something in my ability when he recruited me. He said he could teach anyone to draw.

Above: One of Mr. Chuck Brewer's caricatures. Mr. Brewer, an audiovisual specialist at the Air Force Center for Environmental Excellence multimedia division, has turned his hobby of drawing caricatures into a part-time off-duty career.

What he can't teach is not having a fear of people," he noted.

"Timing is essential in caricature art. To do it right, you sketch very quickly to achieve the full impact of a customer's reaction to the drawing." Mr. Brewer is now extremely 'quick on the draw.' His fastest time is 30 seconds.

"I visualize, then my hand just draws. I don't think about the final product. It's almost like a reflex," he admits, adding, "Caricature art builds confidence. You have no eraser."

Mr. Brewer developed two quick sketch techniques.

"I try to draw a trait quickly while watching 30-second to 2-minute TV commercials. I also take a quick glimpse of a person from 50 feet. This helps me focus. You have to be a good observer."

Spontaneous

He prefers quick sketch spontaneity to planned caricatures.

"I have to see a moment, then in an instant I draw." Once a structured disciple of precise draftsman design, Mr. Brewer now is freewheeling.

"The drawing brought out a whole new personality in me.

As a draftsman, I was quiet. Now, I'm very talkative and outgoing," he said. He's also the toast of San Antonio's special event circuit.

He works weddings, conventions, high school senior class celebrations, military commissary promotions and children's birthday parties.

His sketch sessions are interactive. "I get them involved in the sketch. They give me directions on how to draw something."

By doing this, he encourages children to draw for themselves. He also conducts caricature art classes at local elementary schools.

Mr. Brewer sees his art as both educational and therapeutic. "The thing I get out of this is making people forget the hardships of the day for a few seconds."

— Mr. Rudy Purificato, 311th HSW

Tinker AFB sergeant a bagpiper at heart



Staff Sgt. Patrick Heston, 964th Airborne Air Control Squadron, performs during a function at the Tinker Air Force Base, Okla., officers club. (Photo by Mr. Brian Ockenfels, OC-ALC Public Affairs)

Staff Sgt. Patrick Heston, an airborne radar technician for the 964th Airborne Air Control Squadron at Tinker Air Force Base, Okla., hasn't been the same since his parents introduced him to his Scottish heritage during the summer of 1995.

Intrigued with his heritage, it wasn't long before he purchased a kilt and started learning how to play the bagpipes. Now, he plays as a member of the Tinker honor guard, a member of the 23rd Street Pipe Band and any other time he gets the chance.

"I've been playing the pipes a little over four years now," said Sgt. Heston, who is of English, Irish, Welsh and Scottish descent.

Getting into it

After his parents introduced him to his heritage, Sgt. Heston said he "tried to get really into it." He attended a Scottish festival in 1996 and it was after that his interest in bagpipes soared. He now attends individual piping competitions and festivals all over the country.

He purchased a personalized license plate, which put him on the map at Tinker. A couple weeks after putting the tag on his car, someone put a business card on his windshield calling his attention to a bagpiping band.

"I ended up calling the number on the card and got hold of an instructor," he said. "We got together about two months later and I've been playing ever since."

Dressing the part

Not only does Sgt. Heston enjoy playing the pipes, he also enjoys dressing the part. "You get a lot of looks," he said. "At first, people look at you and say, 'check

out the guy in the skirt.' I tell them to be careful because it's not a dress and a lot of us are armed."

The kilt is traditional wear with the Scottish outfit. At the top of the hose, which come up to the base of the knee, is a small knife called a Sgian dhu, formerly used as an eating utensil, but it can also be used as weapon in battle. "Nowadays, it's more of an ornament," he said.

"The first few times I started wearing the kilt, I was a little uncomfortable, not due to what I was wearing, but with the attention I was getting. "Over time, though, people come up to you and say, 'that's a really neat outfit.' People always wonder if you're wearing something underneath it, but of course we're not allowed to tell."

Unlimited range

Because the bagpipe is considered a reed instrument with only nine musical notes, it's musical range is limited. But that doesn't keep Sgt. Heston from experimenting with new ideas.

"I play a lot of typical Scottish tunes such as 'Scotland the Brave.' I also play a lot of marching tunes, some Irish themes, hymns and dance tunes. By dance tunes, I don't mean like anything at modern clubs today. They're more Scottish cultural, Irish and Welsh."

Sgt. Heston said he can perform "at just about any ceremony," but bagpipers typically perform at funerals and memorial services. "One of the most popular bagpipe selections at funerals is 'Amazing Grace,'" he said, "but bagpipes can actually be played at weddings or retirements.

It just depends on the individual and the equipment they have."

He said he enjoys going to competitions with other bagpipers. "I like the sense of competition, even if you don't win anything. I like competing against others and playing alongside others."

Sgt. Heston said he plays his pipes at various Celtic Festivals, medieval fairs and St. Patrick's Day celebrations. He most recently performed at a base memorial service honoring Medal of Honor recipient Sgt. John Levitow.

Getting discovered

"That day is when I actually graduated the week-long training course for the honor guard," he recalled. "I ended up offering my services to Command Chief Master Sgt. Terry Hirons and asked him if he would like me to play 'Amazing Grace.' He thought about it for a little while and then said it would be a great idea. That's when I got 'discovered' here."

Sgt. Heston said to get started playing the bagpipes all one needs is "a willingness to learn and a practice chanter." The chanter is the part of the bagpipe where the musician positions his hands.

"It doesn't take that long to learn to play, just a serious commitment," he said. "It's not something where you can pick up the practice chanter once a week and get away with it. You have to practice half an hour to an hour a day."

Sgt. Heston said people think the history of the bagpipe comes from Scotland,

— **Tinker continued next page**

Player turns dream into reality

Mr. Vernon Turnbull values the meaning behind the saying 'the harder the goal is to obtain, the more the person appreciates the accomplishment.'

But if you had asked this basketball player his views two years ago, his answer would have been completely different. Two years ago he was ready to give up his dream and call it quits.

Now, with a gold medal around his neck and knowing that he is one of the top 12 basketball players in the Air Force, his goal is finally accomplished.

Dreams come true

Mr. Turnbull and Mr. John Bailey, both from Robins Air Force Base, Ga., were selected to participate in the 2000 Armed Forces Basketball Tournament in Charleston AFB, S.C. For Mr. Turnbull it was a dream come true to play at the tournament.

Mr. Bailey, who was selected as an assistant coach for the team, has vast experience in basketball including: playing in the Big Ten Conference for the University of Wisconsin; 10 years on the Air Force team; five years on the Armed Services team; assistant coach for the Armed Services team; five years as a volunteer assistant coach for Northeast High School in Macon; and a volunteer assistant coach at Fort Valley State University.

It's an honor

According to Mr. Bailey being asked to help coach the best basketball players in the Air Force was an honor.

"It was an opportunity for me to get back involved," he said. "I also appreciated the opportunity to be able to coach someone I know. Mr. Turnbull was an intricate part of the Air Force team winning the armed services championship. He accepted his role

at the Air Force level and got a lot of quality playing time."

Mr. Turnbull's strengths were rebounding, defense and his ability to transition, said Mr. Bailey. The guard and small forward "sacrificed a lot of his chances to score in order to meet the needs of the team defensively," added the coach. Mr. Turnbull

also ranked first in the tournament with a 65 percent field goal average.

Mr. Turnbull, who has waited seven years to get the opportunity to play at the level he's at now, said after this year's season he can "walk away from basketball satisfied."

Making it possible

He also said his goal would never have been possible if it weren't for all of the special people in his life. "I also owe a lot of thanks to my supervisor, co-workers and commander. They understood this was something I've always wanted and were very supportive."

He also gave credit to "the lunch bunch." "They're the guys who play ball with me during lunch," he said.

"Everyday I would come in here with an objective and they did a wonderful job helping."

He's satisfied

Now that Mr. Turnbull is satisfied with his accomplishment, he has made the decision that next year will be his last year trying out for the Air Force team.

"My goal for next year is to make the Armed Forces

team," he said. "If I make that I'll definitely retire."

According to Mr. Turnbull, the reason he plans on making next year his last attempt is because his dream has already come true.

— Airman 1st Class Eric Smith, WR-ALC Public Affairs

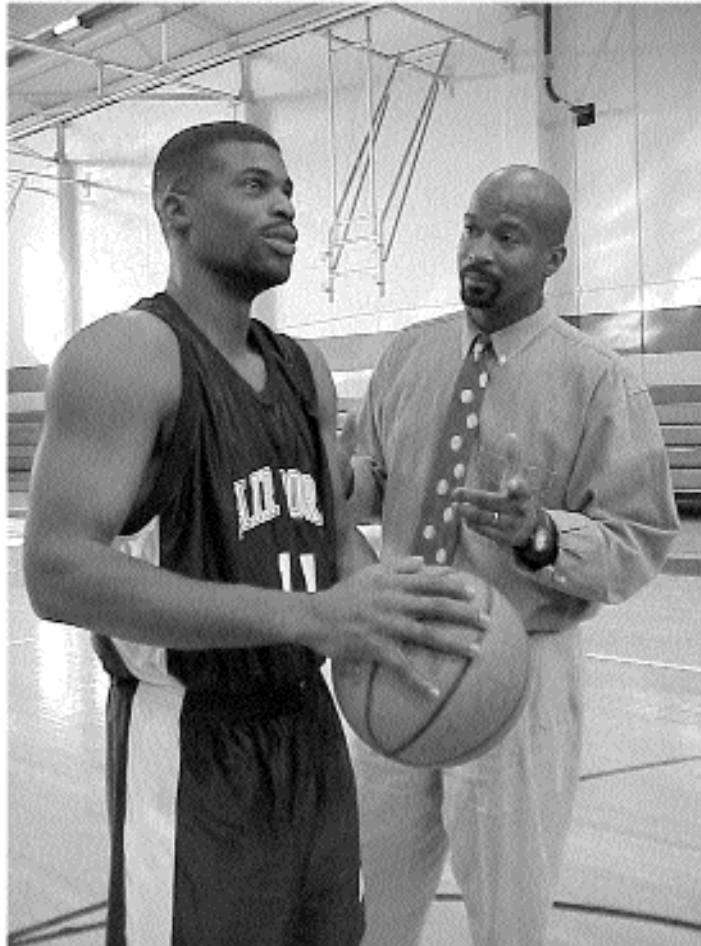


Photo by Ms. Sue Sapp, WR-ALC Public Affairs

Mr. Vernon Turnbull, left, gets some pointers from Mr. John Bailey at the Robins Air Force Base, Ga., fitness center. Mr. Bailey was an assistant coach for the Air Force team. Mr. Turnbull was one of 12 members of the team who took first place in the Armed Forces Tournament.

— Tinker continued

but the Scottish actually adopted the instrument from the Roman Empire.

"The Romans adopted the instrument during their conquest of Southwest Asia," he said. "There is also some evidence they could have originated in Egypt and Saudi Arabia, as well. "From there, the

bagpipes progressed throughout the world because of the Roman Empire.

"It's a fun instrument to play," he said. "It's one of the easiest instruments in the world to learn, yet it's also the most difficult. I know it sounds like I'm contradicting myself, but the practice chanter only has nine notes up and down the scale.

"It's real simple to pick up, blow into it and make noise. With a willingness to learn, you can pick it up and actually begin to make music. You can impress a lot of people, because it's not an instrument many people know how to play."

— Mr. Darren D. Heusel, OC-ALC Public Affairs



Global Hawk wins 2000 Collier Trophy

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — The Air Force's Global Hawk Unmanned Aerial Vehicle, or UAV, has won the year's greatest achievement in aeronautics, the 2000 Collier Trophy, announced the National Aeronautic Association.

Managed by Aeronautical Systems Center Reconnaissance Aircraft System Program Office since Oct. 1, 1998, the Global Hawk UAV is a fully-autonomous, long-range, reconnaissance and surveillance platform that can fly further and remain on station longer than any other air vehicle in the world.

The Collier Trophy, awarded annually, is named for Mr. Robert Collier, prominent publisher, who was the first person to buy an airplane from the Wright brothers for his own personal use.

An early president of the Aero Club of America, Mr. Collier commissioned the trophy in 1911. The 525-pound, bronze trophy is on display at the Smithsonian Institution's National Air and Space Museum in Washington, D.C.

During various exercises last year with the U.S. Air Force, U.S. Navy and members of the North Atlantic Treaty Organization (NATO), Global Hawk demonstrated its ability to autonomously taxi, take off, fly and land.

— Information provided by ASC Public Affairs

Institute names new Associate Fellow

EDWARDS AFB, Calif. — The principal institute of aerospace engineering and

science has named Col. Wesley Cox as an Associate Fellow.

Currently the commander of the Air Force Research Laboratory's Edwards Research Site, Col. Cox was selected for the American Institute of Aeronautics and Astronautics, or AIAA, 2001 group of Associate Fellows.

Col. Cox and his international co-honorees were selected as persons who have been responsible for important engineering or scientific work, or work of outstanding merit, or made outstanding contributions to the arts, sciences, or technology of aeronautics or astronautics.

Col. Cox is one of 96 lifetime members of AIAA and has spent his entire military career in aerospace technical assignments. That career has ranged from hands-on engineering studies, academic instruction, acquisition management, analyzing intelligence data and implementing Defense Department export technology policy.

AIAA has served as a forum of aeronautic and astronautic technical exchange and learning for more than 65 years and has more than 31,000 members worldwide.

— Information provided by AFRL Public Affairs

AFRL engineers honored by technical organization

ROME, N.Y. — Three Air Force Research Laboratory Information Directorate engineers have been honored for their work on a three-year study to evaluate the potential for military use of commercial satellite-based personal communications.

Mr. Brian Spink, Mr. E. Paul Ratazzi and Ms. Helen Demers have been presented with achievement awards by the Technical Cooperation Program, an international organization that collaborates in defense scientific and technical information exchange.

The three were cited for contributions to a study by the organization's command, control, communications and intelligence group technical panel on space and unmanned aerial vehicle communications. The study focused on the potential military applications of commercial satellite communications, such as cellular phones and pagers, and identified both capabilities and vulnerabilities of the systems.

The study indicated that civilian satel-

lite communication systems offer both new capabilities and additional capacity in various military roles involving reporting, observers, command and control, humanitarian efforts, search and rescue missions and logistics tracking.

— Information provided by AFRL Public Affairs

B-1B team wins Air Force portfolio team award

TINKER AIR FORCE BASE, Okla. — Tinker's B-1B Radio Fix Team received the Air Force Program Executive Office and Fighters and Bombers Portfolio Team of the Year award for 2000.

Their efforts represent the first full analysis of the B-1B communication system since its development.

Shortly after the latest modification to the B-1B was released in the fall of 1998, there were reports of communication anomalies related to air-to-air, air-to-ground and satellite communications.

The team members performed a field analysis of the communications suite and discovered several system flaws. When all the corrective actions were defined, they developed a plan to address the entire fleet with a series of staged modifications.

The teams effort began in January 1999 with a correct configuration baseline and was kit-proofed in September 2000. By November 2001, the last of 93 aircraft will be modified.

Tinker's team consisted of Ms. Lori Brown, Mr. Phil DeLage, Mr. Mike Parish, Mr. Greg Van Swearingen and Mr. Suresh Chandra.

— Information provided by OC-ALC Public Affairs

AFRL scientist selected as SPIE grade of fellows

EGLIN AIR FORCE BASE, Fla. — Mr. Donald Snyder, senior scientist, Air Force Research Laboratory Munitions Directorate, has been selected for promotion to the grade of Fellow of SPIE. The International Society for Optical Engineering, an international technical society dedicated to advancing engineering, scientific and commercial applications of optical, photonic, imaging, electronic and opto-electronic technologies. Approximately 3 percent of the 13,500 international members are recognized as Fellows.

Mr. Snyder is an internationally recognized leader in the high-speed imaging and instrumentation community and has served as conference chairman and an officer for the high speed photography, videography and photonics technical group. He is currently serving the society in development of educational opportunities in optics and recognition of young researchers through the international science and engineering fair program.

Mr. Snyder was recently recognized at the White House for excellence as a mentor through the small business innovation research program with the Roland Tibbetts Award. Other awards he has won include the Harold E. Edgerton award and the Gen. Ronald L. Yates award for technical transition.

— Information provided by AFRL Public Affairs

Robins earns American Bar Association award

ROBINS AIR FORCE BASE, Ga. — The Warner Robins Air Logistics Center office of Staff Judge Advocate is the recipient of the 2001 Legal Assistance for Military Personnel, or LAMP, distinguished service award.

The award is presented annually by the American Bar Association for exceptional legal service. It is presented to no more than six recipients within the Defense Department. Of this year's six recipients, only Robins is from the Air Force.

The LAMP Award criteria specifically state that sustained superior performance alone is not enough to win the award, it's for those who go beyond what is considered superior.

Robins legal office established the first expanded legal assistance program, or ELAP, within the Air Force in more than 20 years, said Maj. Gen. William Moorman, judge advocate general.

The program is designed to make state courts accessible to military members who would otherwise have financial difficulty obtaining legal representation.

Other efforts by the legal office, such as the base tax center and routine legal services, contributed to winning the award. In the past year more than 6,000 people in the Robins military community received legal services from the office.

— Information provided by WR-ALC Public Affairs

Brooks scientist nails down Hammer Award

BROOKS AFB, Texas — Former Vice President Al Gore's National Partnership for Reinventing Government joined the Environmental Protection Agency in recognizing the work of Brooks scientist Mr. John Hinz who shared with others the last Hammer Award presented to federal employees under the Clinton administration.

Mr. Hinz, chief toxicologist for the Air Force Institute for Environment, Safety and Occupational Health Risk Analysis, was presented the award at the National Academy of Science in Washington, D.C. He was one of 36 members of the national advisory committee for acute exposure guideline levels for hazardous substances to receive the award.

Mr. Gore created the Hammer Award to reward federal employees whose significant accomplishments contributed to the then Vice President's reinventing government initiative. Award recipients are given a framed silver hammer.

— Information provided by 311th Public Affairs

Workload wins business innovation award

TINKER AIR FORCE BASE, Okla. — Moving thousands of pieces of equipment, people and two major engine workloads from one facility to another ahead of schedule and without any major glitches is not an easy task.

But that's exactly what the Tinker AFB work force did when they took on an additional workload due to the closing of Kelly AFB, Texas.

Aviation Week magazine recently recognized those efforts by naming the propulsion business area a recipient of the 2001 Maintenance, Repair and Overhaul Business Innovation Award.

The propulsion business area will share the award in the Airlines/Military Category with the Lockheed Martin Kelly Aviation Center in San Antonio.

The awards are presented to an outstanding military or commercial customer and leading supplier, and are meant to honor some of those responsible for finding new ways to improve operations and service, profits, products, efficiency and effectiveness, while sustaining or improv-

ing safety and technical proficiency. Tinker and Lockheed Martin were nominated for the business innovation award as a result of the team's joint execution in the transition.

Half the workload was transferred to the Oklahoma City Air Logistics Center, while the other half remained with a Lockheed Martin-led industry team at privatized facilities in San Antonio.

— Information provided by OC-ALC Public Affairs

Vatican honors two from Tinker for their service

TINKER AIR FORCE BASE, Okla. — Two members of the Tinker AFB Chapel will receive awards authorized by Pope John Paul II for their service to Tinker and the surrounding community.

Father Pat McCool will receive the Cross of Honor "Pro Ecclesia et Pontifice" from retired Archbishop Charles Salatka of Oklahoma City. The Cross of Honor was instituted by Pope Leo XIII on July 17, 1888 on the occasion of his 50th priestly jubilee.

Ms. Bertha Maria Grano Becker, the social coordinator for the chapel, will be invested as a Lady Commander of the Order of St. Gregory the Great by Bishop Joseph Madera of the Archdiocese for the Military Services. The Order of St. Gregory the Great, a Papal Knighthood, was instituted by Pope Gregory XVI on Sept. 1, 1831.

Father McCool has been a contract chaplain for more than 20 years, helping celebrate Mass on weekends and one day a week, and can be seen on base daily. He spends his time ministering to Tinker's sick and elderly and lending his strength to others. He also gives premarriage preparation and baptismal preparation.

Ms. Becker's involvement with Tinker began in 1971. She's been a part of numerous activities including disaster relief efforts, assistance to young airmen with problems, monthly newcomer luncheons and the Center of Family Love, a home for retarded adults.

She was instrumental in the foundation of the base marriage preparation program and spends time comforting the ill.

— Information provided by OC-ALC Public Affairs

Health and wellness is a journey, each step taking you closer to a better state of mind and body. As Laotzu, a chinese philosopher, said, "The journey of a thousand miles must begin with a single step." Use this issue of *Leading Edge* to help you step out on a journey to fitness.

